

Jamestown Cross Country 2019
Start Date and Tentative Meet Schedule
Subject to Change – ver. 4
6-11-2019

- **Mandatory practices start Monday, August 5th**
- **All athletes must report to practice on Monday, August 5th at 6:30am with a completed VHSL Sports physical dated after May 1st, 2019 for the start of the Cross Country season.**
- **Cross Country athletes may not have more than 10 days of excused absences during the month of August prior to the start of school to be on the Cross Country team.**

Iron Eagle Camp Dates
Subject to Change – Dates Revised
6:30-8:15AM
July 8,9,10,11
July 22,23,24,25
July 29,30,31
August 1
Cost \$35.00

**-First official mandatory practice:
Monday, August 5th 6:30am –**

Jamestown Cross Country 2019 Meet Schedule (6-11-2019)

Subject to Change

- 1) 09/07/19 8:30 AM Pole Green Class XC Invite, Mechanicsville, VA – Saturday
All Athletes
- 2) 09/11/19 4:30 PM District Meet #1 - Wednesday – **All athletes**
THS, JHS, LHS @ WHS
- 3) 09/18/19 4:30 PM District Meet #2 – Wednesday – **All athletes**
SHS, JHS, @ YHS
- 4) 09/28/19 9:30 AM VTCA Invitational, Pocahontas State Park, Chester, VA
7 Var A, 10 Var B, 11/12th, 25 9/10th
- 5) 10/02/19 4:30 PM District Meet #3 - Wednesday – **All athletes**
GHS,BHS @ JHS
- 6) 10/12/19 11:30 AM Albemarle Invitational, Panorama Farms, Early, VA (Near Charlottesville, VA) –Saturday- **All Athletes**
- 7) 10/16/19 4:00 PM District #4 NKHS,PHS @ JHS
- 8) Region Meet Window – October 26th to November 2rd
- 9) State Meet - Depart Thursday, November 7th - 4A races are on Friday, November 8th – Great Meadows ***Unless VHSL moves 1A/2A/3A to West part of state – then we will run on Saturday*** -
- 10) Footlocker – Charlotte, North Carolina, Saturday, November 30th, 2019 **(Not a school trip)**

Rules and Notes:

- 1) All practices and meets above are mandatory unless excused by head coach.
- 2) If you are an athlete that has the possibility of making the top ten you must commit all the way to the end of the season. If you are unable to make this commitment please do not do Cross Country.
- 3) Please review the Calendar (Subject to Change) in detail **with your parents** to ensure you do not have conflicts with Cross Country practices and meets.

- 4) The 3 invitationals are on Saturday's 9/7, 9/29 and 10/12 are **mandatory** events for ALL Cross Country who are selected to attend if meet has entry limitations as well as all practices and meets.
- 5) Club sport practices, road races or other athletic events do not take precedence for athletes on the Cross Country team. If you cannot make the commitment to practices and meets **please do not do Cross Country**.
- 6) Iron Eagle is an optional camp. Athletes participating must pay \$35.00 for camp. This includes a T-shirt and the camp is open to athletes with a Sports Physical 6-12th grade from any school.
- 7) All athletes must have a completed sports physical dated after May 1st, 2019. If an athlete does not have a physical, they **will be sent home** and the absence will be count as an unexcused absence.
- 8) Athletes **must ask permission** to run road races during the cross country season.
- 9) No athletes in the top ten boys and girls will run any races within 10 days of the region or state meet.
- 10) Athletes must attend practices in August. If an athlete has more than 10 excused absences they will not be able to participate in Cross Country.

2019 Jamestown Cross Country Practice Schedule

Regular Season Practice	– All practices are Mandatory unless noted – athletes must receive permission to be excused from practice by Head Coach. Athletes may not have more than 10 excused absences in the month of August to remain on team.
***August 5, Monday ***	6:30-8:15 AM JAMESTOWN HS (1 st official practice)
August 6, Tuesday	6:30-8:15 AM WISC
August 7, Wednesday	Cross Train / On Own
August 8, Thursday	6:30-8:15 AM WISC
August 9, Friday	6:30-8:15 AM JAMESTOWN HS
August 10, Saturday	7:30-9:30 AM Freedom Park- Optional Hills on Multi Use Trail and bike path
August 12, Monday	6:30-8:15 AM JAMESTOWN HS
August 13, Tuesday	6:30-8:15 AM WISC
August 14, Wednesday	6:30-8:15 AM 2 mile time trial – JAMESTOWN HS-Track
August 15, Thursday	6:30-8:15 AM WISC
August 16, Friday	7:00-9:00 AM Freedom Park – Hills on Multi Use Trail and bike path
August 17, Saturday	No practice
August 19, Monday	6:30-8:15 AM JAMESTOWN HS
August 20, Tuesday	6:30-8:15 AM WISC
August 21, Wednesday	Cross Train On Own

August 22, Thursday	6:30-8:15 AM 5k Time Trial JAMESTOWN HS
August 23, Friday	6:30-8:15 AM WISC
August 24, Saturday	7:00-9:00 AM Freedom Park – Hills on Multi Use Trail and bike path – optional
August 26, Monday	6:30-8:15 AM JAMESTOWN HS
August 27, Tuesday	6:30 -8:15 AM WISC
August 28, Wednesday	Cross Train or run on own
August 29, Thursday	6:30-8:15 AM JAMESTOWN HS
August 30, Friday	6:30-8:15 AM JAMESTOWN HS
August 31, Saturday	No practice
September 2, Monday	No practice
September 4, Tuesday	2:45 -4:45 pm First Day of school at JAMESTOWN HS

FP = Freedom Park – Meet next to main building in park near Go Ape. 5517 Centerville Rd, Williamsburg, VA

Follow Long hill Road until it dead ends you will see park entrance

WISC – Williamsburg Indoor Sports Complex – Meet on Grass Soccer Field to the left of the WISC building – 5700 Warhill Trail, Williamsburg, VA